

### **The Cooper Institute Fitness Standard (Male)**

<b>40% Male</b>	Sit-ups one min	Push-ups one min	1.5 mile run
20-29	38	29	12:29
30-39	35	24	12:53
40-49	29	18	13:50
50-59	24	13	15:14

### **The Cooper Institute Fitness Standards (Female)**

<b>40% Female</b>	Sit-ups one min	Pushups one min	1.5 mile run
20-29	32	15	15:05
30-39	25	11	15:56
40-49	20	9	17:11
50-59	14	12 (m)	19:10

(m) = notes the standard for modified push-ups, allowed in the females 50-59 categories only.